

# Wings of Truth.

## Business Notices.

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Edited by O HASHNU HARA.

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### "Wings of Truth."

"Higher and still higher  
From the earth thou springest  
Like a cloud of fire ;  
The deep blue thou wingest  
And singing still dost soar,  
And soaring ever singest."

*Shelley.*

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### The Editor's Straight Talk.

THE opinion of most of my correspondents is in favour of the new Quarterly Review, and very many people have sent quite flattering letters about the idea.

So I have now definitely determined to bring it out, at any rate for a year on trial, and I have no doubt as to its ultimate success.

I tried to obtain the services of Miss Marie Corelli as a contributor, but she writes she is too busy this year for any more writing, but that she has the greatest possible sympathy with the proposed journal.

I still hope to obtain the services of some popular writer of fiction, and perhaps of Marie Corelli herself at some future date. I am hoping to get some well-known writer for a "leader" in each number, and, tell it not in Gath, I believe I shall be able to secure an article from the pen of the Rev. H. R. Haweis, whose work is so brilliant, and advanced. He writes that "the idea strikes him as good." But I could fill up a year's issue of WINGS with the letters received, and I believe the magazine will obtain such support as to make it a thumping big success.

## Wings of Truth.

The books reviewed will come under their own respective headings. Thus—Metaphysics, Theosophy, Mental Science, Christian Healing, Suggestive Therapeutics and Curative Magnetism, Telepathy, Occultism, etc. This last will include all works on Astrology, Psychometry, Clairvoyance, Palmistry, and similar subjects. In a word, everything will be done both to make the Review popular and thoroughly representative.

Coming back to the subject of Poverty, I have had many letters, both from sceptics and believers, in reference to my last article. The latter do not require my help and can follow up their beliefs, but the sceptics need treatment !

First of all, I advise them to send to Mr. Osbond for Helen Wilmans' "Conquest of Poverty."

Now for their doubts.

Of course, they are all (more or less) earnest disciples of Mental Science. They will admit that thought can give them health, and renew all the tissues of their bodies, but when it comes to the thought vibrations acting upon their business and helping to swell the exchequer, they say, "Ah, it is all very well for you ; you have youth, energy, luck and high spirits to back you," etc., etc.

Well, I can't see the use of getting old, anyway ; let us all keep young as long as possible. As for energy, I admit lazy people haven't much to go upon, but then they need not come to a Mental Scientist to find *that* out.

I don't believe in luck. Fate, or in plain English, *the thought vibrations which affect the ether, and set up fresh wave vibrations therein*, is in your own hands. If you make up your mind to have bad luck, if you wallow in the thoughts of trouble and forebodings of evil, if you begin every new enterprise with doubts as to its success, with a big "IF," or a bigger "CAN'T," how can you wonder when you reap just exactly what you have sown ? Would any gardener sow cabbages and expect violets to spring up ? Or would he plant potatoes and look for lilies ? Not quite ; yet it is just about as reasonable to start an enterprise with an

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"IF," and great doubt in your mind, and expect to grasp Success !

Doubt spells failure ; that sounds Irish, but then I owe something to the old country !

In the September number of WINGS OF TRUTH, I made a remark about "the seeming obstacles which crop up," and I called them "mere delusions." This was too much for *one* of my sceptics, who holds forth at length upon the nature of these "delusions," and the necessity for more "faith" than he could command.

There is no doubt the delusions seem real enough at the time, but they are only negative conditions, and if my doubting correspondent would only tackle one of these seeming giants boldly he would bowl it over like a ninepin.

Surely a man, a creature of the highest order, the possessor of a *mind*, an instrument so fine and yet so powerful, can imagine anything from an atom to a universe, and conceive to-day a thought which may bear fruit a year hence ; surely, I say, such a man must be able to feel in himself that he is MASTER OF ALL, and not the plaything of Fate or circumstance.

With the exception of "if" and "can't" I do not know any word in the English language which has so much to answer for as "Fate" !

Believe me, Fate is what we make it, and the material it is made of is *thought*. Thought is the spider which weaves this web some of us get so entangled in. I found that out long ago, and I now realise that by consciously weaving a web of success the results will more than meet my expectations. I urge upon you to think, talk, sleep, and breathe success, the results will astonish you.

Do not say, "I can't afford this, that, and the other." That is the worst possible form of poverty. When you have spent what you possess believe that more will come, but do not worry to death until it does, and do not expect it to arrive if you sit twiddling your thumbs and leaving your poor brain to get rusty. Buckle to and plan new enterprises, and put them boldly to the test—that is the way to place poverty on the shelf !



## Wings of Truth.

Will correspondents who cannot obtain WINGS OF TRUTH on Smith's railway bookstalls insist upon the clerks writing to headquarters for it, please?

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### Psychometry.

(Copyright.)

MRS. KINGHAM, Inveresk, Watford, has been awarded the prize for the best delineation in the August competition—"The Conquest of Poverty" (Helen Wilman).

Mrs. Buckmaster, Bourne End, was also very excellent; also Mr. H. G. Meakin, Wolstanton, Stoke-on-Trent.

This competition did not bring forth such good delineations as the last, but the subject was more difficult. The prize winner, however, was really excellent, and she promises to become a first-class psychometrist.

Mrs. Buckmaster and Mr. Meakin also promise great things, and Mr. J. Harvey, of Tiverton, is likely to become a first-class psychometrist.

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In the last issue I made a very stupid blunder. Please read, "Motion is given to each particle of *water* to the next adjoining" instead of "*ether*."

I might easily put this upon the printer, but that is most obviously unfair, since it is quite my own fault, and due to carelessness.

The sensitive who would unfold the power to psychometrise objects or people ought first to build up a certain soundness of constitution.

Certain phases of psychometry try the nerves very severely; but in a body that is clad in the armour of perfect health, this difficulty is a very minor affair, and constant practice will reduce the natural tendency to exhaustion almost to nil.

Take plenty of sleep, a fair amount of exercise, and recreation, plain nourishing food, and no stimulants.

Then devote an hour every day to the cultivation of personal magnetism, with dumb-bell exercises and correct breathing. Believe me, I am *not* a crank, but

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I have found proper breathing exercises are absolutely necessary to good health, or to the acquirement of a strong mental and physical constitution. Always sit for concentration before attempting to psychometrise.

The act of concentration brings the mind into a state of tranquillity, and the psychometrist can seize upon the vibrations of the subject or object with greater celerity and truth.

When holding the object to your brow, or in your hand, do not become over anxious as to results ; then, making your body positive to material matters, turn your thought to the spirit, and scenes, names, colours and faces begin to pass before your eyes like a panorama, often so swiftly it is a matter of difficulty to hold them long enough to observe any particular incident in detail.

Here, however, by an immense effort of will, the psychometrist endeavours to keep the incident, and holds it as long as possible in his view.

It is this immense effort which is so tiring to the sensitive, but continual practice will at length reduce this feeling of exhaustion, and longer intervals be given to each subject.

The various characteristics of the object or person should be noted down in writing as they pass from the lips of the seer, and a really excellent plan is to have somebody in the room with pencil and paper to jot down all that passes from your lips.

It is by far the best to have a kind of set formula to begin upon. Take your clients, or your object, upon first one plane, then another.

Begin with health, character, business. Then get on to the magnetic plane, find out the people who are attracted by your subject, the general method of life, if pure and simple, or the reverse. Give influences, good and bad, warnings, and last, but not least, *praise*.

Avoid horrors ; do not foretell either bad illnesses or deaths ; these things are better left quite alone, and some people have been frightened into an illness by a foolish prophecy.

Then point out the spiritual state, the spirit friends, if advanced mentally or otherwise ; if clairvoyante, a healer, and any other details.

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For a personal interview hold your subject's hand lightly.

Now the foregoing directions may seem a little puzzling, and the student may well ask, "How do I get these impressions?" Contact with a strong, healthy personality will give you a tingling, exhilarating impression, and *vice versa* with a weak, diseased person. You will frequently *feel their pain*, in the place affected, in your own body.

Then mental impressions flash across you thick and fast. You feel this person is truthful, honest, straightforward. Say what you see or feel always. Never be afraid of giving hard knocks; they come to you to learn the truth; it is your business to see that they get it.

You next obtain clouds of colour, which pass before your eyes in ever varying lines. This is the aura, and from it you read the whole inner nature of the man or woman.

This spirit book can never deceive, it always expresses the truth, and only the truth.

Sometimes these clouds of colour will form into faces, yet again into names and scenery.

Always describe what comes before your eyes, and let your language be as clear and graphic as possible. It is a very great mistake to speak in the incoherent, colourless manner which is too often a great blemish upon a clever psychometrist.

*Practise* the art of vivid description and clear enunciation, and choose your words with discrimination. One description sounds so much like another, you must try to paint your word picture in brilliant colours, so that no mistake can be made.

The prize offered for this number will be C. C. Post's "Driven from Sea to Sea."

### EXPERIMENT IV.

Give the character of this person.

Success or otherwise in business.

What occupation most suited for?

Description personally.

What faces do you get?



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Stamped addressed envelope to be sent for delineation as before.

I should like my students to give *fuller* delineations if possible. Those sent in are too sketchy. As the books given are nearly always worth at least 2s. 6d., I think the prizes are worth trying for.

O HASHNU HARA.

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## Yourself Harmonised.

(Copyrighted.)

*A Series of Articles showing how to attain Health, Wealth, Wisdom and Long Life (or what is erroneously called the Spiritual Life) here and now.*

BY GEORGE OSBOND.

MR. OSBOND asks me to apologise to subscribers for the absence of his article in this number of WINGS OF TRUTH.

The long and short of it is, our friend has taken offence because I headed his last contribution with the notice that I was not responsible for the opinions expressed in his article.

Well, I didn't agree with them, and as I am Editor, and the magazine is supposed to reflect my opinions, I didn't feel I could pass them.

Still, I was far from wishing to cast any reflections upon *your* teachings, brother Osbond. I only wish I could teach as well. What I meant was that people should understand we held different views.

And why not?

I hold that if any real advance is to be made in the scientific world, the healing processes must be placed on a scientific basis.

You say not.

I say that to be able to heal properly you want at any rate a slight knowledge of anatomy and medicine, and that a groundwork of physics is the best possible basis for a true understanding of metaphysics.

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You say, "It is not necessary to become learned in any other occult science, or to know anything about origins or beginnings, or to be versed in any science or art in order to study the science of healing."

I don't think it wise, as a rule, to wash one's dirty linen in public, and it is very silly to come to logger-heads over such a triviality; but, brother Osbond, I fear you are a *wee* bit touchy, and I hope you'll come out of your shell and be nice again, just to please me. Anyway, I won't fight, and you must admit it is unkind to your many admirers to leave them in the lurch, now isn't it?

EDITOR.

—:O:—

## Hints on Healing.

I HAVE long suggested that the Science of Healing, to be of any practical utility for general purposes, must be adapted to particular personal wants, and not like "So-and-So's" patent pills, expect one line to cure everything, from cancer to housemaid's knee, and *everybody*, from the neurotic, highly strung nature to the rheumatic ploughman.

Although Christian and mental science can cure many people, there are cases where they are useless. The point upon which I differ from most Healers is that of diagnosis. A great many hold that the best cure for any disease is to treat for perfect health. But although this may sound fairly plausible, the plan has its drawbacks, the chief of which is that very few Healers have demonstrated the truth of their science upon their own persons, and so they do not absolutely realise those truths in their bodies, and as a first set off do not convince their patients.

If a modern Healer had the power of Christ, then, I concede, correct diagnosis of disease and a knowledge of anatomy would be superfluous, although I am convinced the "Master" did not ignore these matters, and, being undoubtedly an adept, brought the power of clear sight to bear on all who came to Him for life.



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Now, a Mental Healer who cannot tell the position of the heart in the body, or define the difference between liver and lungs, is handicapped at the outset. I have had many hundreds of pupils pass through my hands as mental science students, and they all agree that anatomical knowledge helps them.

If you desire to practise magnetic healing, this knowledge is absolutely necessary, and if you follow the practice of Osteopathy, or "Vibration the Law of Life," all will find physiology either indispensable or a very great and valuable aid. Moreover, when you have to argue with a sceptic, you will have the whip hand over him.

For a certain class of patient, mental healing will work miracles. These are people with a fair amount of faith, but too much logic and independence to come under the sway of Christian Science. The people likely to be healed by Christian Science will be of great faith, and also possessed of deep religious fervour, and not very much practicality.

Obstinate, bigoted characters are good subjects for either the ordinary physician or the Hypnotic Healer, and, I think, in time the subject of Suggestive Therapeutics will take a great hold upon English people to their advantage.

Now, in any other branch of Occult Science (*occultism does not mean something akin to the devil, or Black Art, or any other terror; it simply means something hidden, invisible, or secret. Latin "occulo," to cover over, from "ob," and "celo," to hide*) very little standing is given to any but an adept, and a very good definition of an adept is one who knows all there is to know on any particular subject. But in the Science of Healing there seems to be more room for the crank than in any other profession or calling. Each one is convinced his own method is the best and only one, and that all others are to be laughed at.

The man who would aim at becoming a medical adept, with every known method of healing at the fingers' ends, would mark the beginning of a new era in the world of sickness.

Oh, I know very well a Mental Scientist will say sickness is "non est," but I must admit it *is* a

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*condition*, and a very real and tangible condition at that. One's common sense revolts at the bold statement, "There is no sickness," when sickness crowds upon one on every hand.

But it is a *negative condition*, and can be overcome by good, strong purpose ; yet in the present state of things the world is not ripe for a condition of perfect health ; it clings too fondly to its ailments, and so long as the people persist in this attitude, so long do we need Healers who know their business—adepts. I hold that it is impossible to give health to others unless your own vitality is perfect.

To procure health for yourself you will find *correct breathing* the greatest aid, and make your patients follow the same rule. *Always* breathe through the nostrils, taking long, deep, even inhalations and exhalations. Then you will find a course of exercises with a light pair of dumb-bells, taking slow, deep breaths with every movement, a grand aid to true health.

Without wishing to favour any crank, there is no doubt proper breathing has a great deal to do with good health. And in lessons upon the acquirement of personal magnetism, these breathing exercises play a very considerable part.

Not wishing to enter into the subject of other healing methods in this paper, I will consider that of mental healing, and give the plan I have found answer with excellent results. First of all, I have the advantage, at the outset, of a knowledge of anatomy, etc., and a very fair grounding in physics. But many people have not the facilities for acquiring such knowledge, and to these I suggest a simple and cheap volume on elementary physiology, which will enable them to grasp the principal organs of the human body at a glance, and to learn how they act, or should act, and what they look like, the process of blood circulation, etc.

I give my personal pupils full instructions on these points, and am now preparing a system of coloured charts, which will correctly show the appearance of the organs, the colour of the blood, etc.

The first point to score is self-healing. Remember



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that the God of Ages is within your body, that He is everywhere and all around, that He is an Infinite Being, but that we, too, are IMMORTAL, and, therefore, also infinite.

The greatest drawback to success in any undertaking is man's own unconsciously created limitations. Once realise that you are infinite, that you have no limitation, and your feet are on firm ground. Then inch by inch you fight your way past your hereditary believings in sickness and other ills until you see daylight, and realise that there is absolutely nothing in all the world to keep you from being free—but *yourself*. Now make a mental picture of your internal organism, and, strong in the knowledge of your own infinitude, draw a deep long breath (through the nostrils), picturing the flow of bright, crimson, arterial blood to every organ in turn; then, as you exhale, slowly and smoothly, picture the bad blood carrying off everything at all deleterious to the system.

The *heart* acts as a pumping engine, and the whole health of the body depends upon proper exercise of the lungs. So take these as a starting point: Draw twenty slow, deep breathings; during each inhalation picture yourself generating pure, rich blood ready to send off to the other organs, and see the exhalation carrying off the bad blood. Then take the liver, stomach, spleen, intestines, etc., giving to each the same twenty full breathings, never losing sight of the fact that you are sending healthy blood to renew the tissues and chase out bad conditions all the time. Concentrate every thought on your object, and I'll guarantee that if you follow this plan, simple as it may appear, night and morning for a month, you will be a new man, or woman, at the end thereof.

All my pupils and patients know how healthy and vigorous I am, and I can assure you it is only from following this plan; moreover, I devote half an hour to it every day, and so *keep* in good condition.

You will need to learn *how* to breathe—it may be with an effort at first. Do not exert yourself, nor hump your shoulders up to your ears with every inhalation. Stand up, or, if not strong enough, *lie* flat on your back.



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*Quite* empty your lungs before taking in fresh air, then slowly and evenly draw deep, *abdominal* breaths, throwing out your chest and standing upright with head up and waist in.

The blood, as it circulates through the body, is of two kinds, *venous* and *arterial*. The *arterial* is alone capable of affording any nourishment to the body. It is of a bright red colour, and is distributed from the left side of the heart all over the body by means of the great artery, or blood vessel, called the aorta, which subdivides in its course, and ultimately terminates in myriads of minute ramifications, closely interwoven with, and really constituting a large portion of the *texture of every part*.

On reaching this point of its course the blood passes through equally minute ramifications of the veins, which, in their turn, coalesce and form larger and larger trunks, until they at last terminate in two large veins, by which the whole current of the venous blood is brought back in a direction contrary to that of the blood in the arteries, and poured into the right side of the heart, to be again distributed in a purified condition through the body.

O H. H.

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## Colour Influences.

BY SURYANARAIN ROW, B.A., M.R.A.S., M.A.S.B.

**Z**ODIACAL and astral light is absolutely necessary for the production of colour influences. Solar light and darkness are intimately connected with the stellar lights, and the combinations of these various lights tend to produce the endless series of natural objects, whose study is so interesting to us. It cannot be said by any show of reasoning that the stars shine above us, shed their floods of light, and perform a series of revolutions without affecting the phenomena on whom their light falls every second and every fraction of a second. To be credited with the possession of sound sense, the logic must be

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faultless. The solar light, when analysed, is found to be a combination of seven principal colours, and these merge into one another, giving rise to numberless delicate lines which cannot be separated and classified. The principal colours are—violet, indigo-blue-green, yellow-orange and red. We will be committing a grand mistake if we do not take into consideration the dark colour which absorbs all light, and the different shades we just now mentioned, and which plays no unimportant part in the history of terrestrial creation. The magnetic currents of the atmosphere, clouds, and the earth are largely affected by the light or darkness which prevails in the regions, and with their modifications the magnetic currents in man and other animals are vastly affected. Dark colours have a depressing effect upon the brain cells, while light has an exhilarating effect on the nervous centres of human bodies. The composition and influences vary with the times, species, localities, ages, and surrounding circumstances of the objects, to whichever class they may belong. The action of heat waves is also remarkable. At the dark end of the spectrum—when a solar ray is passed through a spectroscope it will be divided into a spectrum, which prominently brings before the observer's vision the above seven principal colours, and which has dark bands on both sides of the spectrum thus obtained—the heat rays are more active than they are in any one of these coloured bands. The effects of dark bands, when a spectrum is thrown, are therefore more influential than those of the coloured bands. The character of man must be influenced by the light and heat, magnetism and electricity which he gets from the planetary rays. It is well-known that the effects of heat have a direct effect on human temperaments, and these facts are wonderfully illustrated by the national temperaments which have been produced by the various climatic conditions by which men are surrounded, and in which they are born and bred up. All our food is composed of coloured objects. Nothing can be eaten which has not some shade of colour. If colour then is due to heat vibrations and waves, then man simply takes in so many sections of



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heat waves into his body to build up the component parts which sustain him as a man, or which have been wasted by his mind, speech and deeds. What is his character—if not the result of his surroundings modified by the seed out of which he is produced and the food he takes? The same results may be anticipated in the lower orders of creation. Animals and vegetables are remarkable for their instincts in the line of selection of food, and hence indirectly colour influences. Whatever may be the food we give, the animal rejects all but that which agrees with it. The machinery in their heads and bodies are not as complete as they are in man.

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## The Bookshelf.

*(All Books and Magazines sent to this Office will be reviewed under above heading. All American works mentioned may be obtained from Mr. Geo. Osbond, Scientor House, Devonport.)*

"TELEPATHY" (Braun, £1 1s.). These six lessons on telepathy are type-written, and neatly bound in pale pink covers. The author briefly sketches the laws of vibration and gives some valuable hints to students of telepathy. Some of his ideas are both beautiful in conception and forceful in expression.

"THE INFLUENCE OF THE ZODIAC UPON HUMAN LIFE" (Eleanor Kirk, 4/6). A very helpful volume for students of Astrology, giving full descriptions of the rising signs and their influence upon the character, with valuable notes upon the people born on the cusps of the various signs.

"WHAT THE STARS TOLD ELIZABETH" (Eleanor Kirk, 4/6). This is a really interesting story, and one that makes the reader forget time, and feel loth to put down the volume until the end. We do not quite agree with the author's conception of Capricorn, as a fine handsome man. The generally accredited idea of a Capricorn subject is a somewhat plain, spare and scraggy individual. The book is worth the money.



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"THE PANTHEISM OF MODERN SCIENCE" (F. S. Titus, Toronto, Canada, 6d.). One of the best and most comprehensive little works we have met. We will review this at length in the *Occult Literary News and Review*, it is too good to be crowded into this little space.

"PERPETUAL YOUTH" (Eleanor Kirk, 4/6). This volume treats clearly of divine right held by every human being to retain their youth and vitality. Eleanor Kirk knows what she is writing about, and every word carries conviction with it.

"WHERE YOU ARE" (Eleanor Kirk, 1/3). This clever writer has not neglected the youthful population, and this booklet for girls will prove a safe stepping stone to the higher metaphysical views held by more complex works on the subject.

"A BRIEF VIEW OF CHRISTIAN SCIENCE HEALING" (paper, 3d. each). A practical little essay illustrating the views held by the Christian Scientists, and of value to all students on these lines.

"PRACTICAL METAPHYSICS" (Anna W. Miles, 6/6). This is a capital work, and well worth the money. We will review it at length in the new magazine.

"LIVE, LEARN, AND LET LIVE" (R. H. B., Torbay Villa, Hockliffe Road, Leighton, Beds., 2½d.). A pamphlet shadowing forth the true Christ-life. The author is evidently a very earnest seeker after truth.

"THE TEACHING OF TOLSTOY" (Aylmer Maude, 1½d., post free; 12 for 1/3). This is really a wonderful pamphlet, thirty-two pages and an artistic cover for 1d. ! Moreover, the contents show logical thought, and a true "love-effort" (if we may coin the expression) to trace out the life and teachings of the great master. This little book may be ordered from the publishers, Albert Broadbent, 19, Oxford Street, Manchester, or from this office, 12, St. Stephen's Mansions, S.W.

Mr. Broadbent has also sent, "Science in the Daily Meal," 3d.; Forty Vegetarian Dinners, 135 Recipes, 1d.; Rose's Diary, and other poems, 3d., of which more in our new magazine.

Reviews of magazines held over for want of space.

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### Concentration.

PEOPLE who wish to develop the gift of inspirational writing, must not confuse it with automatic writing, which is a quite different, and, I believe, more or less mechanical effort.

Choose the same time and place each day, sit in silence, concentrate on some phase of the Spirit, and wait, pen in hand, for the words that will flow forth. The first sensation will be one of peace, of perfect rest, security and happiness. The brain is, for the time, a blank. Do not forget this is the first aim of concentration ; you do not want to think, or to reason, you are waiting for Divine thought, for enlightenment, upon some particular subject.

Suddenly the mind becomes flooded with thought, with Light ; words and knowledge rush forth in splendid confusion (at first), faster than pen can travel ; the infinitude of space is opened up before your eyes, with all the wondrous teeming life with which so-called space is thronged.

In the purity of the Light, in the wondrous knowledge that is yours, you suddenly realise you have seen God.

The Divine Spirit has flooded your very Being, the "Light which passeth all understanding," Truth, Love, the Power and the Mystery of the Universe, is laid bare before your reverent eyes, and concentration has borne its fruits at last.

*True* clairvoyance is only attained by Concentration and Inspiration, and is quite apart from crystal gazing.

Think only of the goal you have in view, and the long hours of patient waiting will be amply repaid.

Inspirational writing is responsible for the greater part of the Bible, and of the finest works given to the world, and from this source alone all true knowledge comes.

Do not become disappointed if you fail at first ; pure living, thinking and earnest aspiration (which is another word for prayer), will bring you Light at last